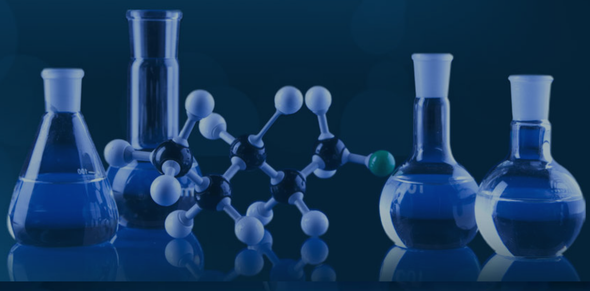

High Blood Pressure

Unraveling the Mystery of High Blood Pressure

High blood pressure is an important health problem. The risk of heart disease and strokes increases significantly when blood pressure is elevated.

What Causes High Blood Pressure?

Doctors classify the majority of cases of hypertension as 'essential', meaning the cause is not known. Obesity, stress and excessive salt intake can increase blood pressure in some individuals.

Fortunately, in many cases hair mineral testing can identify the causes and guide correction of high blood pressure.

Nutritional Imbalances Related To High Blood Pressure

- ***'Fast' Oxidation Rate*** - When the rate of oxidation, or metabolic rate, is excessive, calcium and magnesium levels decrease. These minerals are needed to relax the muscles of the arterial walls. Low calcium and magnesium levels and excessive adrenal gland activity result in excessive arterial muscle tone. Excessive tone constricts the arteries and raises blood pressure.
- ***High Tissue Sodium Level*** - Sodium retention results in water retention that can increase blood pressure. Excessive dietary intake of salt may result in water retention, but is not always a major factor. Most often, high tissue sodium is due to stress-induced, excessive aldosterone secretion by the adrenal glands.
- ***Magnesium Deficiency*** - Magnesium is essential for relaxation of the arterial wall muscles. Magnesium also serves to lower excessively high sodium levels. High salt consumption can lower magnesium, as can alcoholism or a diet low in magnesium or too high in protein content. Fast oxidizers are generally magnesium-deficient.
- ***Toxic Metal Poisoning*** - Several common toxic metals can adversely affect blood pressure. Cadmium is perhaps the most common culprit. Cadmium accumulates in the kidneys, where it can cause congestion, resulting in an increase in blood pressure.

Cadmium also interferes with zinc metabolism. Zinc is required to maintain the elasticity of the arteries. Zinc deficiency due to cadmium toxicity causes the arteries to become brittle. The end result is higher blood pressure.

Mercury and nickel accumulate in the kidneys and can affect blood pressure. Toxic metals can also influence blood pressure indirectly by affecting the oxidation rate. Any agent that increases the oxidation rate can detrimentally affect blood pressure.

- ***'Slow' Oxidation*** - Individuals with sluggish glandular activity often develop calcification of the arteries.
- ***Potassium Deficiency*** - Certain individuals require more potassium than their dietary intake provides. Potassium may lower blood pressure by reducing tissue sodium levels.
- ***Chlorine in Drinking Water*** - Connections have been made between chlorinated drinking water and cholesterol build-up on arterial walls. Chlorine is an irritant that probably interferes with critical enzyme systems required to maintain the integrity of the artery walls.
- ***Glucose Intolerance*** - Diabetes is a common cause of narrowed arteries. Hair analysis indicators of glucose intolerance include an imbalanced calcium/magnesium ratio and a low sodium/potassium ratio.

Other Supplements, Diet And Lifestyle Changes Which Reduce High Blood Pressure

The following nutrients are helpful in reducing high blood pressure if used properly.

Garlic and Niacin

Garlic capsules and one to three grams of niacin daily can help dilate overly constricted blood vessels.

Lipotropic Factors

Choline, inositol, methionine and niacinamide help suppress excessive sympathetic nervous system activity. The calming effect can help moderate some cases of high blood pressure.

Essential Fatty Acids

Certain essential fatty acids have an anti-inflammatory effect that helps some cases of elevated blood pressure. These fatty acids are found in tuna, salmon, sardines, black current oil, flaxseed oil and evening primrose oil.

Diet

Junk food diets are often very high in hidden sodium. These diets are also usually deficient in magnesium and zinc - two elements that are helpful to lower high blood pressure. Phosphoric acid in cola drinks reduces absorption of calcium, magnesium and zinc. Junk food is often loaded with empty calories that results in weight gain. Avoid junk food.

Lifestyle

Techniques such as meditation and biofeedback help reduce sympathetic nervous system activity without any side effects. In many cases, regular use of these techniques will assist in lowering elevated blood pressure.

Each Individual Is Different

Clearly there are many causes of elevated blood pressure. Only through an individualized diet and supplement program based on hair mineral testing can each of the causes be successfully addressed.

Through natural methods, most causes of high blood pressure can successfully be brought under control.